

The Bosnian Pot

Makes: 10 Servings

Ingredients

2 1/4 pounds beef, cubed
1 head cabbage
2 1/2 carrots (can use 2-3)
3 1/2 tomatoes, large (can use 3-4)
3 1/2 potatoes, large
2 onions (can use 3-4)
2 garlic cloves, sliced (or more)
2 green peppers
1/2 tablespoon cooking oil
1/2 tablespoon vinegar
salt and pepper, to taste (optional)

Directions

1. Dice all the vegetables.
2. Combine with the meat and seasonings in a large pot.
3. Add enough water to completely cover the mixture and add the oil and vinegar.
4. Cook, covered, for two to three hours on low heat until everything is well done.

Notes

Suggest serving with pita bread.

Bosnian cuisine contains lots of fresh produce. Tomatoes, peppers, carrots, and beans are common in everyday menus.

To reduce cost, frozen and/or canned vegetables can be substituted for fresh vegetables.

Note: Modification to [NDSU recipe](#) (PDF | 2.23 MB) includes making salt and pepper optional.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	270	
Total Fat	5 g	8%
Protein	23 g	
Carbohydrates	35 g	12%
Dietary Fiber	7 g	28%
Saturated Fat	2 g	10%
Sodium	80 mg	3%